

VOICE OF THE RESIDENTS

Vol. VIII, No. 8

Cockeysville, Md.

May 1987



MAY

May Day is the first day of the month and its (mostly former) activities are too well known to deserve comment here.

Armed Forces Day is always the third Saturday in the month by presidential proclamation and it replaces Army, Navy and Air Force Days.

And then there is Memorial Day observed this year on the 25th. To many of us this was once Decoration Day with a parade to the cemetery to put flags on the graves of the veterans. I marched (ROTC) in one of those parades in my home town when there was still one Civil War veteran in his blue uniform riding in an open horse-drawn carriage.

May 1st is also the date generally selected by trade unions, Socialist parties and labor organizations in general for public celebrations, which seems to be observed in most countries other than the United States, Canada and Italy. In the U.S.S.R. it is an official holiday. The date was selected by the first Congress of the Second Socialist International. Nancy Grant does not have it on her list of festivities to be observed.

For general observance we do have three dates in May that concern us -- Mother's Day on the 10th, Armed Forces Day on the 16th and Memorial Day on the 25th.

Mother's Day can be credited to the unrelenting efforts of Miss Anna Jarvis which led President Wilson to issue a proclamation which invited "the people of the U.S. to display the flag at their homes or other suitable places on the second Sunday of May as a public expression of our love and reverence for the mothers of this country." Now don't forget the flags!

In radio communication "MAY Day" is the anglicized version of the French phrase "(venez) m'aider" meaning "(come) help me" equivalent to the series of dots and dashes in the Morse Code for the "SOS" signal of distress.

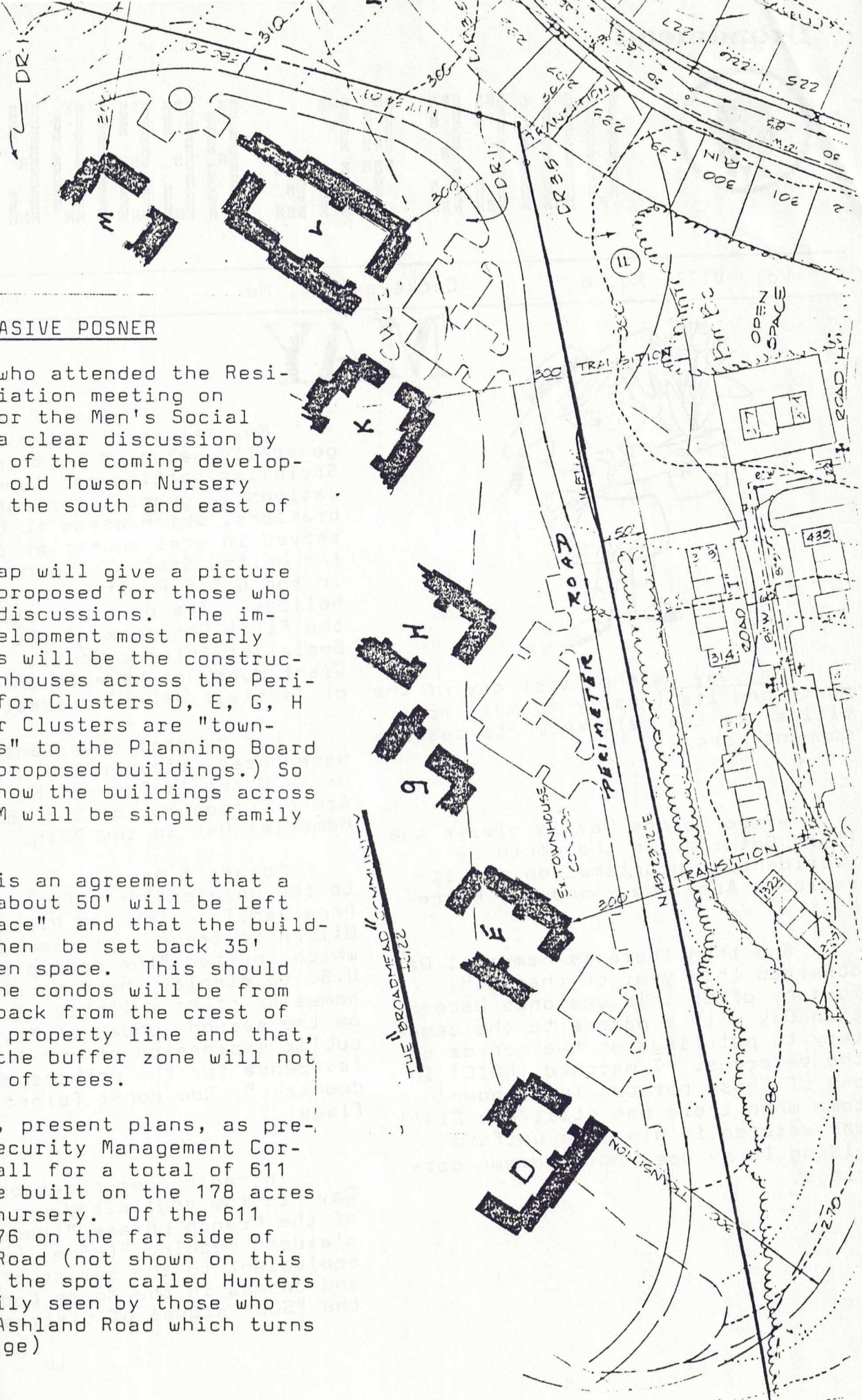
PERVASIVE POSNER

Those who attended the Residents Association meeting on March 25th or the Men's Social Hour heard a clear discussion by Pete Butler of the coming development on the old Towson Nursery property to the south and east of Broadmead.

This map will give a picture of what is proposed for those who missed the discussions. The immediate development most nearly affecting us will be the construction of townhouses across the Perimeter Road for Clusters D, E, G, H and K. (Our Clusters are "townhouse condos" to the Planning Board as are the proposed buildings.) So far as we know the buildings across from L and M will be single family homes.

There is an agreement that a stretch of about 50' will be left as "open space" and that the buildings will then be set back 35' from the open space. This should mean that the condos will be from 80' to 85' back from the crest of Broadmead's property line and that, hopefully, the buffer zone will not be cleared of trees.

In all, present plans, as presented by Security Management Corporation, call for a total of 611 houses to be built on the 178 acres of the old nursery. Of the 611 there are 176 on the far side of Paper Mill Road (not shown on this diagram) in the spot called Hunters Run and easily seen by those who drive down Ashland Road which turns (See next page)



into Paper Mill Road just beyond the Ashland Church and the old renovated schoolhouse.

lb

THE CONWAY CONCERT

Broadmead was once again treated to the virtuosity of Eric Conway who presented a contrasting program of sonatas whose composers were born in three successive centuries. All of the numbers were performed with a professional skill and technical agility that his audiences here have come to expect.

The delightful hour began with the melodious Beethoven Sonata #101 in A-major. Although not a long composition, it is unusual in that it consists of four movements, the last two played without pause. The liquid, flowing melodies of Maurice Ravel's Sonatine in three movements followed.

Probably the most interesting selection was Sonata, Op. 26 of the contemporary American, Samuel Barber. Mr. Conway introduced this number by noting that the composer's Adagio for Strings was the sound track for the current movie, Platoon. Although the dissonances of this modern composer are strange to many of the classical-trained ears of the audience, the

rendition was enthusiastically received and many feet were tapping to the syncopated jazzy finale.

Mr. Conway has become an anticipated Broadmead pleasure, one that we hope we may look forward to for many years.

B-Flat

John Paul Jones, the man who is credited with establishing the U.S. Navy and considered to be one of the greatest sea-fighters in history, is buried in a marble sarcophagus in a crypt beneath the United States Naval Academy Chapel.

DOORWAY DECOR

In order to attract possible future residents who may be visiting you, be sure to bring them in by the doorway to the Lower Lobby or by the East door. The scene at the main entrance from the Parking Lot is apt to be discouraging - especially after a rain.

There is a bench of dark wood which not especially beautiful is still clearly functional with clean, severe lines. But, unfortunately, right beside it is a receptacle intended to receive trash and cigarette stubs. Often, the receptacle which is made of metal (and not expandable) displays a collection of excess debris usually consisting of soft drink cans and soiled paper napkins. Then, as a further embellishment, the receptacle has a small metal dish on top for cigarette stubs and second hand gum. It is so fireproof that it frequently is filled with water. But it is not an attractive small fish or lily pond unless a very extravagant imagination can construe floating cigarette stubs as either lilies or some exotic fish. One could see the dark liquid in which they float as cold tea but it somehow lacks gustatory appeal.

Is there no solution?

GREENHOUSE

The time has come to empty the greenhouse of all its plants. I would like to have all plants and boxes removed by May 15th. It is too hot in there in the summer months.

After the plants are removed, it will be cleaned and closed for the summer.

Thanks for your cooperation this year.

June Kerr

TWINS REUNITED

(The second thrilling episode of the Broadmead "Twins" continued from the April issue as related by James G. Fleming.)

Now to Pat Rodak.

Before two questions had been asked, she had a call from Rich Compton, the executive director, then another from Karolyn Huffman, director of admissions - both important. Then the telephone - again and again.

Soon, she disappeared into Karolyn's office, stayed awhile, then returned, only to exit again to monitor the Red Cross team which was drawing blood for its blood bank in the Auditorium, and of which project Pat is chairperson.

With due apologies she returned, chatted for a few moments with the interviewer, but had to take time out for a four-way telephone call to set up a medical conference with Dr. D. Thomas Crawford, Broadmead's medical director.

Next, Pat was visited by Jean Roberts, nurse practitioner, who eased her away (with many Excuse-me-please's) to a short conference, out of hearing. Pat returned, with apologies, only to be interrupted again by the Food Service operation for one thing or the other.

The new wing was bound to come up (but the swimming pool did not). A Jarvis telephone technician appeared at Pat's desk inquiring about the new installations. This necessitated a series of telephone calls and getting in touch with Howard Kettler, head of maintenance. Pat is responsible for the phone systems within the community center.

While all this activity was going on, Pat had a partly completed letter in her typewriter. This was a reminder that she is responsible for all executive correspondence,

the scheduling of appointments, all "computer stuff," and support for the administrative staff. She is also the official receiver of all contributions to BRAF, to the Endowment Fund and the Nurses Assistance Fund. Any other donations, in money or in kind, also go through her.

Now for some formal titles: Nancy, in the Broadmead organizational chart, is identified as "Office Manager/Resident Services"; Pat as "Office Manager for Administrative Services."

Pat, formerly of New Jersey, came to Broadmead via her marriage to John J. Rodak of Baltimore (also from New Jersey). She was looking for a position, working with people, "close to people" and different from the corporation job she had just left. Then she saw an advertisement in the SUN. It read: "If you would like to work with older people...." She applied, was interviewed, and was employed in May, 1979.

Formerly, and for 19 years, she had been in the corporate office of a publishing and radio chain and had moved up several notches in the organization. When she resigned she was assistant treasurer and her experiences, in business lingo, included training accounting personnel in all areas and being in charge of payroll, billing, accounts receivable, accounts payable, the general ledger and computers.

This well travelled graduate of St. Mary's (parochial) High School and New Brunswick School of Business says the high points of her days at Broadmead are "seeing the very sick bounce back" and "witnessing the caring for one another on the part of both Residents and staff." She also loves working at Broadmead because of its diversity.

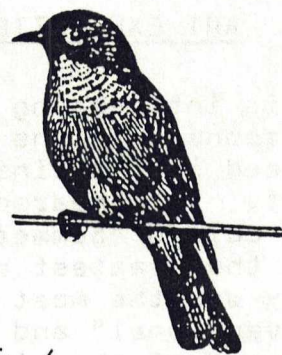
See Next Page

Nancy Grant first became associated with Broadmead, part time, long before there was a Broadmead in reality, "because it was so new, exciting and nothing like it." Later, in 1978, she joined the staff, full time, at the suggestion of John E. Carnell, organizing trustee of Broadmead and business manager of Friends School, in whose office Nancy then worked.

She came, she saw and she fell in love with all that Broadmead is. Indeed, she has already paid her priority fee to be on the waiting list. "I could move in tomorrow and have no complaints," she revealed, gleefully. A member of the Stony Run Meeting, Nancy is a graduate of Friends School and studied business administration at the University of Maryland. Down the years she worked at Mercantile Safe Deposit income department and at the Maryland Tuberculosis Ass'n, in addition to Friends School. She has served on the boards of trustees of Friends School and the Friends School Alumni Ass'n and the Taylor Home (which provided the seed money for the building of Broad-

mead). Twice a widow, she is the mother of a son and daughter and has one grand-daughter. Her mother, Mrs. Mary Taylor, resides at Broadmead and gets a visit from her daughter before and after work each day. When she retires, Nancy expects to head for Florida where she will play golf as long as she can and then "back to Broadmead," she says.

This is the story of Broadmead's "Delightful Twins" who work so closely and get along so well with each other that they "have never had a run-in and can fill in doing each other's work whenever necessary." Because they, too, care, Broadmead is what it is, and what most people, coast to coast, credit it with being, a very efficiently operated organization and, best of all, a very, very caring community.



Bluebird

4/11/87 - Broadmead's resident rental agent reports three houses leased. One couple has already settled and two others are busy moving in furnishings.

Peeping Toms, under the supervision of Nancy Rowe, report the bluebirds to be doing well.

BEAVER DAM ROAD AND SHAWAN

In May 1986 the VOICE carried an article on the "Oregon General Store" when it was first opening.

Now all the stores are open except for the basement. It's a great place for doting grandparents wondering about gifts for the much younger generation - toys, clothes, banners, and stuffed animals enough for several circuses. There is also an abundance of ceramics, cards, craftwork in wood and metal, hand-crafted jewelry, pictures (framed and unframed) and other articles much too numerous to mention.

It is well worth a trip to look around even if your cash reserve was depleted on April 15th. And when you cross the little arched bridge, do not forget to look down and see the largest bed of watercress in the county.

ART EXHIBITION

It is interesting to note the early responses to the Art Exhibition placed in the Dining Room on April 1st. It appeared that the charcoal called "Summer Foliage" met with the greatest approval. It certainly was the most naturalistic and "conventional" and it made the least demand of the viewer and no one seemed to ask, "What does it represent?"

We are pleased that the Artist Equity Association made the show possible to our Residents and longer association may help make us better acquainted with current trends in the art world and more understanding of what today's artists are trying to accomplish.

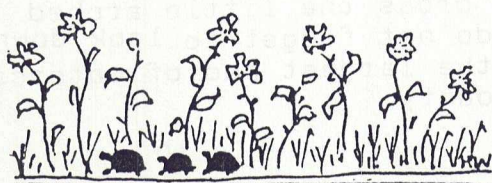
The various comments on the exhibition brought to mind the following paragraph that the Editor ran across recently:

"Art is not there primarily to make us feel good, to stuff us, or to cater to our sense of the familiar or comfortable. Its main function is to prompt us out of our intellectual and emotional ruts and to get us to share in the artist's vision. We have a right, of course, to reject his vision;

but we first have an obligation to rise to meet it, to make sure that the 'failure' is in the work of art and not in our conventional response to it." (From the essay, "Audience Must Meet Artist Half-way" in Clearing The Ground by Sidney J. Harris.)

The notes concerning the works, however, did present a problem to this viewer - just what are the "betterment rights of artists"?

1b



To my Dear and loving Husband

If ever two were one, then surely we,
If ever man were lov'd by wife,
then thee;
If ever wife was happy in a man,
Compare with me ye women if you can.
I prize thy love more than whole
Mines of gold,
Or all the riches that the East
doth hold.
My love is such that Rivers cannot quench.
Nor ought but love from thee,
give recompence.
Thy love is such I can no way repay.
Then while we live, in love lets
so persever,
That when we live no more, we
may live ever.

from The Tenth Muse Lately
Sprung up in America, published in London in 1650,
by Anne Bradstreet, an ancestor of Mary L. Craig.

VOICE OF THE RESIDENTS

Published by and for
the Residents Assn. of Broadmead
Franc Beck, President

Founding Editor: G. James Fleming
Editor: Leopold Bridge

EDITORIAL STAFF:

Margaret Bouchelle
Helen Criley
Elizabeth Gilpin
Dorothy Graham
Betsy Griffin
Draza Kline
Helen Mary Overstreet
Nancy Rowe
Mildred Williams

PRODUCTION STAFF:

Lorne Guild
Amos Horney
Helen Hottenbacher
Esther Mahan
David McIntyre
Elizabeth Mercer
Bobbie Richardson
Philip Snyder
Margaret Tylor
Mildred Tyson, Treasurer

SPRING ON THE NATURE TRAIL

Heralding spring at Broadmead the Nature Trail focussed on many things: the colorful display of daffodils on the hillside and along the path, the blooming bluebells scattered throughout the trail, all have brought realization that the winter was behind us, and we have much to look forward to in the days ahead.

Three hybrid chestnut trees have been planted - a special gift from Karl Levy who ordered them last year for this year's spring planting.

Bob Stanhope, Naturalist at the Oregon Ridge Nature Center, at our invitation visited and walked the trail. He has advised us on the selection of wildflowers we might add to those we have.

Keep your eyes open for the rhododendron to be planted at the entrance of the trail and at the Summer House - also for the ferns that will be added to the existing ones.

Thanks to the work of Maintenance we are assured of water on the trail - the pipeline construction is complete. You will remember that the Residents Association voted money to finance this important project.

The Scouts returned to Broadmead in April. Several years ago Scout Troop 497 of Texas, Md., came to Broadmead to build, as a community project, steps and railing on the path. Once again the Scouts came and performed another community project: they cleared the path of debris and logs. We are indebted to them for the enthusiastic interest they took in clearing our Nature Trail. This commendable project has added much to the appearance and beauty of the Trail. Our grateful appreciation is extended to: Jim

Bandelin and Pat Carnes - Asst. Scout Masters; Pat Callahan - Senior Patrol Leader; Jim Bandelin, Jr., Asst. Senior Patrol

Leader and Scouts Gregg Bigelow, Chris Luciano, Eric Kalled and Drew Reggieri. We wish these scouts well in all their fine endeavors and hope they will again want to return to Broadmead.

M. Wills

DR. SIMEON MARGOLIS

The penultimate presentation of the Health Care Committee was Dr. Simeon Margolis who, in a talk which debunked the taking of dietary supplements, advised us on how to meet our nutritional needs.

Dr. Margolis, Professor of Medicine and Associate Dean for Academic Affairs at the Johns Hopkins School of Medicine, introduced this popular and important subject by noting that the average American diet satisfies all vitamin needs of the healthy individual. At the same time he pointed out that this diet contained too much saturated fat and cholesterol, too much salt and too little fiber. He observed that in aging, muscle mass is replaced by fat and that most reducing diets are ineffectual. Calories count, however, and moderation in eating is a good habit to develop.

The speaker stated that the vitamin business is a billion-dollar enterprise promoted by the "exciting claims of vigor and life extension," entirely unsupported by evidence. He came down hard on the Megavitamins and expressed the fear that dosages 10 to 100 times the needed amounts might be dangerous.

Dr. Margolis explained that although too much dietary cholesterol is undesirable, the real villain of the Hardening of the Arteries drama is saturated fat, found abundantly in such goodies as meats, chocolate, butter and soft cheese and many other popular eatables. On the other hand, the polyunsaturated fats as in fish and fish oils tend to reduce the "harmful" body lipids.

See Next Page

Dr. Margolis said that at one time he thought old people who adhered to the rule of moderation required no special diet prohibitions. He now believes that some restriction of the saturated fats may prevent an extension of the arteriosclerotic process in this age group.

But one Resident remarked, "He seemed quite relaxed about it!," which was reassuring to his audience!

The usual question period followed and the instructive evening came to an end.

Rx

"SLEEP THAT KNITS UP THE
RAVELL'D SLEEVE OF CARE"

Sleep is a mandatory, individual, internal requirement of all life-forms with vertebral columns (vertebrates). Invertebrates such as crickets, bees, moths, oysters, etc. require rest, but not sleep. Invertebrates respond to external forces such as temperature and light.

In humans there are two types of sleep - slow wave and fast wave. Both are required; they are not interchangeable. How sleep restores the mind and body is unknown. Fast wave sleep is also known as dreaming sleep or REM (rapid eye movements), occurs intermittently 3 to 5 times a night, and totals about 100 minutes of a night's sleep. Sleep cannot be stored nor is there any known substitute. Needs decline with age. A newborn requires 18 hours. Sixty-five percent of adults sleep 7 to 8 hours; twenty percent sleep less than 6 hours and ten percent more than 9 hours. The elderly average 6.5 hours a night.

We possess internal biological clocks which follow established circadian rhythms. These can be disrupted by rotating shift work and jet travel. Some individuals before retiring can adjust their biological clock to Greenwich local time and wake up at exact predetermined times. Most of us require a good alarm clock.

Few people think about sleep until they can't. Everyone occasionally gets his awake throttle stuck and spends the night with a racing mind. But approximately 10-15 percent have trouble every night. We used to call that insomnia. Now we call it "Disorders of Initiating and Maintaining Sleep" or DIMS. The causes of DIMS would take several pages just to list. We know that anxiety can prevent falling asleep and depression can prevent staying asleep. Severe chronic insomnia (DIMS) requires medical evaluation, but two common problems are bad habits and negative conditioning. Bad habits may vary from catnaps to eating foods with tyrosine or caffeine prior to retiring. Fear of insomnia is negative conditioning and is a self-fulfilling prophecy. Most people do not need sleeping pills. Drugs frequently aggravate the problem. Several very successful non-medication treatments have been developed within the past decade. These include sleep restriction, early rising, lots of morning light, afternoon exercise and even warm milk at bedtime. Insomnia is a 24-hour problem, not just a nocturnal one. It responds better to reprogramming behavior than to popping pills.

Tom Crawford
Medical Director



BROADMEAD WELCOMES

LELLA CLARK (Mrs. John H.) L-14
628-2637

Lella is a native Marylander having been born and raised on the Eastern Shore in Salisbury. She attended Hollins College before coming to Baltimore to the Peabody to study piano. Music was her hobby as a young woman when she was a member of a musical group called the Homeland Gang. At least one other Broadmead Resident was also a member. Who?? Lella has a son and a daughter, 7 grandchildren, and 2 great-grandchildren. She has many old friends at Broadmead so we predict her early and easy adjustment in our community.

Correction: A sentence was inadvertently omitted from Dr. Lindenberg's biographical sketch last month. He came to Baltimore as the Director of Neuro-pathology in Legal Medicine for the Maryland State Department of Mental Hygiene.

Apartment Changes - Ira and Eleanor Downs will soon move from J-8 to T-314 and 316

Betsy Griffin

IN MEMORIUM

Dean E. Krueger
April 12, 1918 March 28, 1987

Helen E. Woods
Feb. 5, 1902 March 28, 1987

Bliss Forbush
Jan. 14, 1896 April 6, 1987

Pearl Podlich
Jan. 20, 1895 April 12, 1987

BOOK NOTE

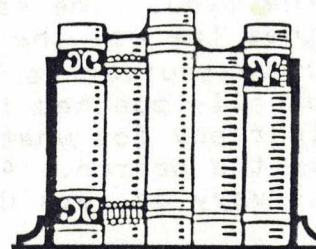
"The oldest of them, he noted, lived in a retirement community called Beechglade on York Road north of Cockeysville." (Remember Copper Beech Drive on your plat of Broadmead?) The "oldest" referred to here was the second in a series of six vendetta-like killings each with two .22 caliber bullets to the brain. Except for an astute reporter from a sleazy tabloid, all the killings in such unrelated places such as New York City, Cockeysville, Scranton, etc., seem to be unconnected. The basis for the killings and the unraveling of the reason before the last of the six slated to die is detailed in "Chain of Vengeance." As is customary in such books the police do not look too well and even to the very end there is no clue as to the eventual fate of the killer.

Of course, there is violence and except for a rather prosaic report of a gang rape the bits of sex are either amusing or pathetic - and sometimes both.

Note: You will have to like the murdered resident of Beechglade who spent his summers ogling the "middle aged" ladies at the swimming pool.

Chain of Vengeance by William Beechcroft is available at the Cockeysville Library.

1b



SOLE FOOD

If you eat three square meals a day, you won't need vitamins. That is the opinion of Dr. Simeon Margolis of the Hopkins Department of Nutrition who spoke recently to the Residents on "How To Meet Your Nutritional Needs."

Looking over what he termed a well-fed audience, he added that a little less food might be indicated, but dietary supplements are not necessary if we eat what is put before us on Broadmead's menu, designed from a dietetic standpoint to meet requirements. Our bodies discard what cannot be used, but in some instances too much vitamin A or C or E can be toxic for certain patients.

The question of calcium also is controversial, he said, but from a psychological standpoint, vitamins and minerals that make us feel better may be beneficial.

Dr. Margolis spoke of unsaturated fats, those from vegetable and seafood oils as opposed to animal fats that are the no-nos of cholesterol. The complete protein of fish is highly nutritious and its fat is nonsaturated. Fish appears on our menu almost daily.

We interviewed Doug Bareis on the status of fish at Broadmead. When the menu says Fresh Fish, the fish is fresh, he said. It is bought locally from Martin's Seafood or Hern and Kirkwood. Brought into our kitchen raw, it is treated according to what sauce is written on the menu. The sauce usually determines the way the fish is served. In restaurants a fillet of fish is usually poached in white wine and held ready for whatever is ordered by the patron. Again, the sauce may vary as ours does at Broadmead.

Fresh shad will be on our tables soon, and it will come already boned, so that long cooking to dissolve the bones will not be

necessary. Gentle cooking is the secret of proper preparation of fish, so, if you must wait for your serving of fish, it will probably be the better as it will have been freshly cooked.

On occasion we have had fresh trout and bass, Doug said. Catfish now is raised at catfish farms, so there is no need to condemn it as being a scavenger fish. The dolphin we had a few weeks ago is not an endangered species but a fish about 18 inches long that, swimming, is very pretty indeed. Blue-fish we have fresh and often in the summer.

On transatlantic liners the only time sole is served is on the voyage from Southampton to Cherbourg at lunch or on the return to Southampton. Gray sole is found in the very cold waters of Europe. Our sole is another variety, Doug said, but when the menu says fresh sole, it is fresh.

Nutritionally, fresh and frozen fish have the same values. However, it is important that fresh fish be used as soon as possible and, when cooked, to be used promptly so that it does not dry out.

At Broadmead, you may improve the flavor of your serving of fish by the addition of butter, lemon and a sprinkle of herbs. It must be remembered that our foods are blander than those in restaurants because of our clientele. But you can make this almost a 4-star restaurant by your own addition at the table.

Bon Appetit.

Mildred Williams



WHERE DO THEY GO FROM HERE?

Those young dining room servers we are all so fond of come and go. Where do they go when they leave us? Some combine college with their jobs in Broadmead's dining room. Most of our present seniors are planning for a college career.

Some who left us a year or two ago have come back now and then until college and adult demands intervene. As many of us know, Eric Riden - "Eric the Red" - is attending Bucknell University to become a chemical engineer. This summer Eric hopes to find a job where he can begin to gain experience in his field of interest.

After a year in Providence, R.I., attending a culinary school, Justin Hickey has come back to us. He now has a permanent job in Food Service and will combine working with another year of study at the Baltimore Culinary Institute.

Our little ballet dancer, Kristin Conley, is finding the dance course at Goucher more and more demanding, so we see her less and less.

Several of our present servers will leave us after summer vacation. Tracy Amos will be with us for part of the summer. She may take some time off to decide what she wants to do before she sets sail in college - St. Mary's, University of Maryland, or Towson State. One of Tracy's favorite hobbies is sailing.

Kristi Seymour is heading for a business career in accounting via UMBC. She expects to be with us as often as possible during her college years. "This job is really good for me. I like working with the Residents. You can really get attached."

Michele Wilkerson has a big summer ahead of her - her grandfather is giving her a trip to Europe as a graduation present. Then after Ocean City and working at Broadmead, she

heads for the University of Maryland at College Park. Michele wants to become a physical therapist and work in sports medicine clinics.

Essex Community College is Leanne Numbers' first-year goal. Leanne thinks she will be better prepared to decide on a major field of study when she transfers to Old Dominion College in her sophomore year. She is thinking of specializing in criminal justice.

Anne (with an "e") McCormick and Ann Morrison are both considering Wheeling College as one possibility. Anne's other choice is Spring Hill College in Alabama. As of now her preferred major is psychology. Ann is considering a business major, possibly at Towson State. She thinks she would like to go into merchandising after college.

Reports on the rest of our seniors and graduates will appear next month. To these young friends, our best wishes go with you, wherever you go and whatever you do.

Helen Criley



June Deadline - May 16th

PROGRAMS

(In the Auditorium unless otherwise noted)

SATURDAY, MAY 2 - 7:15 - "The Chesapeake Bay Foundation - film and talk by Andrea Bowden

SUNDAY, MAY 3 - 2:15 - Towson High School Chorus

MONDAY, MAY 4 - 7:15 - Health Maintenance Talk: "Health Care Issues" by Dr. Thomas Crawford

TUESDAY, MAY 5 - 9:30 - Discussion Group - General Discussion

WEDNESDAY, MAY 6 - 10:30 - Sew-and-So Group: "Funny Things That Have Happened in Practice" by Resident Dr. Bob Mason, in the Sewing Room

THURSDAY, MAY 7 - 11:00 - "Contemporary Writers" by Dr. Richard Price

SATURDAY, MAY 9 - 7:15 - "Travels Through Asia With American Presidents" - slides and talk by Roland Shackford.

SATURDAY, MAY 16 - 7:15 - Virginia Reinecke and Janet Beyers, two pianos, in the Lounge

TUESDAY, MAY 19 - 9:30 - Discussion Group: "How Can Prosperous Nations Help the Third World?" by Dr. Andrew Billingsley, past President, Morgan State University

WEDNESDAY, MAY 20 - 10:30 - Sew-and-So Group: "Sculptures" by

Henry Berge, in the Sewing Room
SUNDAY, MAY 24 - 2:15 - Concert by Elizabeth Gottling - cello, Hsin-Sen Lee - piano, and Lei Hon - violin, in the Lounge

SATURDAY, MAY 30 - 7:15 - The Baltimore Trio, in the Lounge

The Residents Health Care Committee presents the final Health Maintenance Talk in this year's series on May 4. Broadmead's Medical Director, Dr. Thomas Crawford, will speak on "Health Care Issues." If any Resident would like to have a special problem addressed, please leave a note for Dr. Crawford in the Health Care message box.

The final class in the series on Women Writers by Dr. Richard Price of Towson State University will be held on May 7. The topic is "Contemporary Writers."

Resident Roland Shackford, a former foreign correspondent, will show slides of Iran, Afghanistan, Pakistan, India, Nepal, Indonesia, Singapore, Thailand, Vietnam, the Philippines, Hong Kong and China along with his talk on "Travels Through Asia With American Presidents." 4/9

Henry Berge, who will speak to the Sew-and-So Group on "Sculpture," is a well-known Baltimore sculptor. His father made the "Sea Urchin" statue in the fountain at Mt. Vernon Place in Baltimore. 4/20

Elizabeth Gottling is Resident Ruth Gottling's grand-daughter. She and the two other musicians playing here on May 24 are all Peabody students.

The Baltimore Trio, all teachers at Towson State University, will give us another concert on May 30. The Trio consists of Zoltan Szabo - violin, Cecylia Barczyk - cello, and Reynaldo Reyes - piano.

Dot Graham

PROGRAM NOTES

The Chesapeake Bay is one of the nation's great assets as well as Maryland's own. The Chesapeake Bay Foundation is working to restore and preserve it. Learn more about it on May 2.

The Towson High School Chorus, enjoyed so much last year at Broadmead, is returning for another program on May 3.

The National Aquarium in Baltimore is one of the largest and most sophisticated aquariums in the United States. Its spectacular seven-level structure houses more than 5,000 creatures and contains over one million gallons of water.